

Heart Failure Daily Instructions

- Weigh yourself each morning before breakfast and write it down.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs, stomach or hands.
- Eat a low-salt diet.
- Balance activity and rest periods.



GREEN ZONE

ALL CLEAR- THIS ZONE IS YOUR GOAL

Your symptoms are under control. You have:

- NO shortness of breath
- NO chest pain
- NO weight gain
- NO swelling of feet, ankles, legs, stomach or hands

YELLOW ZONE

CAUTION - THIS ZONE IS A WARNING

Call your doctor or nurse if you:

- You have gained more than 3 pounds in one day or 5 pounds within 1 week.
- Shortness of breath with activities or when lying down. (may use extra pillows to sleep or need to sleep sitting in a chair)
- Have a dry hacking cough.
- If you suspect you are having a side effect to your medications.
- Have more swelling of feet, ankles, legs, stomach, or hands.
- Have a decrease in energy level or are more tired than usual.
- Are feeling uneasy, you know something is not right.

RED ZONE

EMERGENCY

Go to the emergency room or call 911 if you have any of the following:

- Struggling to breathe.
- Have chest pain.
- Have new onset of confusion or can't think clearly.



Daily Weight

- Record your weight daily.
- Place the scale on a hard surface (not carpet).
- Weigh yourself the same time each day, preferably before breakfast.
- Weigh yourself without clothing, or make sure you wear the same type of clothing when you weigh yourself.



	Sunday's Weight	Monday's Weight	Tuesday's Weight	Wednesday's Weight	Thursday's Weight	Friday's Weight	Saturday's Weight
Week of:							
Week of:							
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